

Crespelle Ripiene

Savory Crepes



DIRECTIONS

- Begin by making the béchamel.
- Place butter in a small pot.
- Place over low heat until butter is melted.
- Remove from heat and add flour.
- Whisk together until a smooth paste is formed.
- Add milk in small batches while continuing to whisk to avoid clumps.
- Add seasoning and place back on the burner.
- Cook sauce over low heat, stirring constantly.
- When the sauce thickens to a creamy consistency, remove from heat.
- Cover it and set aside.
- Now on to the filling...
- Place all the ingredients in a bowl.
- Mix until combined.
- Set aside.

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INGREDIENTS

- For 8 crepes....
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- 1 2/3 cups flour
- 3 eggs
- 2 TBSP melted butter
- 1 1/2 cups milk, room temperature
- Pinch of salt
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- For the filling:
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- 1 1/2 cup ricotta
- 4 Oz shredded mozzarella
- 1/2 cup steamed chopped spinach, well drained
- 3 Oz diced ham
- Salt and pepper to taste
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- For the béchamel sauce:
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- 2 TBSP butter
- 2 TBSP flour
- 1 3/4 cups milk, room temperature
- Salt, white pepper and ground nutmeg to taste
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- Grated cheese as needed

NONNA'S TIPS ON PAGE 2

DIRECTIONS (CONT.)

- Finally, the crepes....
- Place flour and salt into a large bowl.
- Make a well in the middle and add the eggs.
- With a fork or whisk, carefully incorporate the eggs to the flour.
- Add the melted butter and milk, 1/2 cup at a time, whisking constantly.
- To make sure there are no lumps in the batter, continue to whisk until smooth.
- Grease a medium frying pan with a little butter.
- Place over medium heat.
- When pan is heated, add one ladleful of crepe batter in the center of pan.
- Lift pan and tilt in all directions to allow batter to spread evenly over bottom of pan.
- When the bottom is golden, flip crepe over to other side.
- Remove crepe when other side is done and place on a large plate.
- Continue until all batter is used, stacking the crepes on the plate as each is done.
- We're ready to assemble the crepes...
- Preheat oven to 375F.
- Place a couple of ladlefuls of béchamel sauce on the bottom of a 13x9 Pyrex pan.
- Spread evenly.
- Take one of the crepes and place on a clean surface.
- Place 1/4 cup of filling over half the crepe.
- Fold plain half over filled half, achieving a half moon.
- Now fold one side over the other, achieving a fan shape.
- Place in prepared pan.
- Continue with all the crepes, making sure to position each leaning slightly over the one already in the pan.
- Spoon remaining béchamel over crepes.
- Sprinkle grated cheese over sauce.
- Bake (uncovered) for about 30 minutes or until top is golden brown.
- Serve hot.
- Makes 8 crepes.



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NONNA'S TIPS

- You can customize the filling to your liking by substituting the spinach with other steamed, chopped vegetables like broccoli, asparagus, etc.
- Also, to make it vegetarian, omit the ham.
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- The best way to avoid lumps in both batters, is to add milk gradually while whisking constantly.
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- To bring milk to room temperature quickly, just pour it in a glass container and microwave it for 30 seconds on high.